



Utilization of Housing Roads as Supporting Recreational Sports

Nuruddin P.B.S; Bagus Kuncoro; Herrywansyah; Slamet Sudarsono; Ikhwan Iskandar

Lecturer at UTP Surakarta, Indonesia

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Abstract

Residential roads are a program to reduce which can be used for other activities such as cycling or exercising. Residential roads are a phenomenon due to the decreasing number of public spaces that are able to accommodate the activities of their citizens and become social spaces, as well as a form of public "boredness" with city routines. Data collection techniques in qualitative research are needed to obtain research data. Data collection techniques were carried out by observation (observations), questionnaires (questionnaires), interviews (interviews) and documentation. The research results were obtained (1) The forms of recreational sports that are located in the residential area of the new Winong housing estate, Ngringo, Jaten, Karanganyar in 2021 are walking, jogging, old solo bicycles, leisurely bicycles, old school bicycles, elderly gymnastics, aerobics, terra exercise, taiji exercise, mini futsal, roller skating, skateboard, table tennis, badminton blind, parkour, and nunchaku. (2) Public interest in recreational sports is dominated by safety, free of motorized vehicles, and free of pollution. (3) The benefits obtained by the community after doing recreational sports are dominated by benefits as a means of exercising.

Keywords: Residential Street; Recreation; Sports

Introduction

Public space as one of the main components in a vital urban spatial planning. The majority of residential buildings in recent years have not been prioritized anymore. So that it is difficult for the community to find the right place to stop and take a moment to relax and enjoy the beautiful natural scenery and at the same time it can be used as a weekend refreshment. Public open space is very important for the environment, architectural design that emphasizes housing planning as part of making the quality of public open space (Ling, et al., 2019: 13).

The public sphere must be responsive, democratic, and meaningful. Responsive public space means that it must be able to be used for various activities and broad interests. By democracy, what is meant is that public space should be able to be utilized by the general public without having

to be divided due to social, economic, and cultural differences. In fact, the democratic element is attached as one of the characteristics of public space because public space must be accessible (accessible) for citizens with their physical condition. The accessibility criteria of a good public open space include: (1) linkages, (2) walkability, (3) connectedness, and (4) convenience. (Rahman and Zhang, 2018: 3). The location of the existence of public open space in an area in housing is very important,

because it can improve the quality of residential life both in terms of the surrounding environment and culture. Open space for urban communities can provide several benefits such as exercise, recreation and green open space. In fact, public open space is not used properly. One example is the change in the function of public facilities (public facilities), the design of public open spaces often does not pay attention to management and maintenance problems, even being used as parking spaces for residents.

Sport contains the meaning of the word there will be something related to the event of cultivating the body and the body. The definition or limitation of sport itself is still not clear, as a result there are various limitations, definitions or descriptions of what "sports" is, because there is no official institution that is recognized as having the authority to make boundaries, definitions regarding the meaning of sport. Sport comes from two syllables, namely sports and sports, which means cooking or manipulating the body with the aim of making the body mature, Ateng (Husdarta, 2010: 145).

In general, people understand sport as a physical activity carried out by a person, a group of people with the aim of gaining physical fitness. Is it true that what people or groups of people say is only limited to achieving physical fitness, is that all we get from doing sports? Sports are carried out for various important reasons from the perpetrator's side. The values and benefits (benefits) obtained by the actors are obtained from participation or active involvement as actors in several activities that are entertainment, education, recreation, health, social relations, biological development, freedom of self-expression, self-testing of abilities or self-efficacy. compared to others. In other words, as pointed out by Zakrajsek (Husdarta, 2010: 135) olahraga merupakan wahana untuk mengalami aspek pengalaman manusiawi.

Every activity carried out must have certain goals, including sports activities. The goal is related to the purpose of physical education. Sports and physical education cannot be separated from each other, because sport and physical education have almost the same goals, especially the goals they want to achieve. The expected goals are more focused on physical or physical factors that are closely related to physiological factors. Sport goals explained by Depdikbud (1993: 5): Sports activities have real goals, one of which is aimed at improving healthy living habits, physical fitness, optimal physical achievement, shaping individual attitudes, developing social sense, knowledge and intelligence.

Recreation is an activity to fill spare time, so that one's free time is not wasted without producing something. Until now people have not arrived at a formulation that is firm, short, and acceptable to all parties. People only managed to express their responses, among others: recreation is perceived as a form of experience, recreation is a typical form of activity. Educational experts and recreational figures argue that in recreation there are elements of the game so that people who are recreational are said to be playing. Regarding playing earlier John Finolly quoted by Nurlan Kusmaedi (2002: 5) said that the meaning of recreation is very broad and not just playing. The opinions above are still general in nature, and have not arrived at the understanding of the nature of recreation until now the existing formulations have not been accepted by all parties. Nothing but a different recreational arena. Therefore every statement can be justified according to the philosophy, attitude, and way of life of each person. Thus, every person's activity can be used as a recreational activity as long as it meets the typical requirements of recreation. It is known that every effort of every person has positive and negative elements, because humans are not perfect creatures. Likewise, some recreational activities are positive and some are negative. According to Jay B. Nash in Budhy Satyawan (2010: 35) suggests that recreation is a complement to work, and therefore is a need for everyone. Recreation is usually done when a person has free time, when free from work or tasks, after daily needs have been met. Some people usually distinguish work activities as obligations, as well as the fulfillment of biological needs and activities to obtain formal education. Outside the time to fulfill these basic needs, it is called free time which is free to be filled with any activities. Recreational activities are activities that are indeed suitable to fill free time with the nature not of coercion, but of their own volition voluntarily.

Personality is the basic capital and also the driving force of intelligence and energy, without having a personality in a person it will be very dangerous in its development, both development in itself and development for society. Personality is an important factor for a person. Personality affects the continuity of development, both for himself personally and for society in general. Associated with sports, sports can lead to personal development. This is in accordance with the characteristics of sports which always require people to be honest, sporty, loyal and responsible, must obey the rules and be able to recognize the strengths of others or personality traits that can be accepted by everyone and by society in general. Sport basically contains motion-oriented activities, the implementation of which depends on the abilities and goals to be achieved by the perpetrators. Through physical activity there will be changes in the form of a positive influence on health. On the other hand, negative consequences will be obtained if the sport is done in the wrong way.

Methodology

The subjects of this study were road users of Griya Winong Baru housing, Ngringo, Jaten, Karanganyar in 2021. This study used a survey research method with a qualitative descriptive approach. Survey research aims to describe and analyze phenomena, events, social activities, attitudes, beliefs, perceptions, thoughts of individuals and groups with research.

Data collection techniques in qualitative research are needed to obtain research data. Data collection techniques were carried out by observation (observations), questionnaires (questionnaires), interviews (interviews) and documentation.

Result and Discussion

1. Types of Recreational Sports Interested by Residential Street Visitors

Residential roads are a program to reduce people's dependence on motorized vehicles by clearing the streets for sports activities. Sports are all systematic activities to encourage, foster, and develop physical, spiritual and social potential. Recreational sports are sports that are carried out by the community with hobbies and abilities that grow and develop in accordance with the conditions and cultural values of the local community for health, fitness, and fun. The community is a non-governmental group of Indonesian citizens who have a concern and a role in the field of sports. In its development, the residential street was then used by the community as a place for sports, recreation, expressing arts and culture and even for carrying out economic activities. The road section then does not only function as a traffic lane but also has the essence of being a public open space for its citizens. That is, the road encourages the participation of its citizens to talk, interact, and express.

2. Sports facilities

Sport is an activity that can foster a person to be healthy or make it better than before. Exercise affects physical health which is a major factor in life. With a healthy body and physical then our mental will be stronger and healthier. Sport is a necessity of life that is continuous. Sport is useful as a tool to maintain and foster health, not only physical, spiritual and social functional development but also anatomical structure and physiological functions, intellectual intelligence and social stability with the environment. Residential roads become a new icon for exercise.

Conclusion

Thus, the following conclusions can be obtained:

1. Forms of recreational sports located in the residential road area of the new Winong housing, Ngringo, Jaten, Karanganyar in 2021 are walking, jogging, old solo bicycles, leisurely bicycles, old school bicycles, elderly gymnastics, aerobic exercise, tera gymnastics, taiji exercise, mini futsal, roller skating, skateboarding, table tennis, badminton blind, parkour, and nunchaku.
2. Public interest in recreational sports is dominated by safety, free of motorized vehicles, and free of pollution.
3. The benefits obtained by the community after doing recreational sports are dominated by benefits as a means of exercising.

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